



Soft obstacle course

What to do with this activity?

When your baby can crawl set up a soft obstacle course for them to climb over and explore. Use cushions, soft footstools, your sofa or whatever you have that's safe. Make sure they are safe and keep an eye on them as always. If they need encouragement, place their favourite toy at the far end of the room.

This is good exercise, great for developing their co-ordination skills, and fun. Talk out loud and count the cushions as they climb over each.

Why am I doing this?

Children learn about numbers in a natural way through play and by counting real things in their everyday lives. The repetition of numbers in a fun way helps children remember the sequence of 1, 2, 3. Movement and rhymes also make it easier for a child to remember sounds – that's why nursery rhymes are so great.

How can I do more?

When out shopping, count food items with your child as you put them into your trolley. If you're saying a nursery rhyme why not shake a plastic bottle filled with rice or small stones to the rhythm to make more noise.